# Long-Term Study Reveals Wegovy Offers Weight Loss and Cardiovascular Protection



Recent data from the longest clinical trial of the weight-loss drug Wegovy, conducted by Novo Nordisk, reveals how the medication not only aids in weight loss but also offers significant cardiovascular protections. The trial, known as Select, involved more than 17,600 participants across 41 countries from 2018 to 2021.

The results, disclosed at the European Congress on Obesity and published in Nature Medicine, show that users of Wegovy, which contains the active ingredient semaglutide, experienced an average weight loss of 10% sustained over four years. Weight loss phases typically lasted up to 65 weeks before reaching a plateau. The findings also indicate that Wegovy can reduce the risk of heart attack, stroke, or heart-related death by 20% even in cases where significant weight loss does not occur.

Side effects were consistent with known reactions to GLP-1 receptor agonists, including gastrointestinal issues such as nausea and vomiting, which were most common in the initial months. There was no increase in acute pancreatitis, but gallbladder issues were slightly more prevalent in Wegovy users compared to those on the placebo.

Researchers, including Dr. Daniel Drucker from the University of Toronto, suggest that semaglutide’s benefits extend beyond weight reduction, potentially offering cardiovascular protection through mechanisms like inflammation reduction. This has broadened discussions about the use of such medications beyond traditional weight loss purposes to potentially include broader cardiovascular disease management and prevention.

These insights are prompting conversations about insurance coverage for GLP-1 receptor agonists, given their potential benefits in improving heart health and reducing healthcare costs overall.